The Lions' Pride

Saint Leo University • Friday, March 4, 2016 • Volume LV No. 22 • Since 1965

Excellence Determines Success

By Vincia Mitchell and Chloe-Ana Braidy
Contributing Writers

In recognition of the tremendous work that various organizations and athletes have done, the Saint Leo Chapter of SISTUHS, Inc. presents The First Annual Black Excellence Awards Banquet.

The ceremony took place on Feb. 25 at 7 pm in Kirk Hall rooms 123 and 124.

The ceremony commenced with the introduction of the Mister/ Mistress of Ceremony, followed by the Black National anthem.

Irma Sera is a senior who is currently majoring in communication and management. Sera is a proud member of the SISTUHS, Inc., who takes pride in her in culture and organizations.

Sera opined that the purpose of the event was to highlight the multi-cultural community on campus and award students who excelled academically and athletically.

"We wanted to award the black excellence on campus and since it's Black History Month, we thought that we should this and make it an annual thing," Sera said.

Sera postulated that this celebration is widely practiced by some of their partners in organizations, where students nominated other students, Greeks, and organizations in

Andrew Rashaad, a junior who is majoring in elementary education, postulated that the Black Student Union and Alpha Phi Alpha contributed to the production of this annual banquet.

"The Black Excellence Award Banquet is a way for us to come together and celebrate each other in our achievements," Rashaad said in support of Sera's view.

In acknowledgement of their willingness to work as a team and corporative features, Alpha Phi Alpha won the Best Collab Award, which was presented to them by Jone Akins, a junior here at Saint Leo University.

In honor of the Saint Leo core value, Excellence, Andrew Rashad presented the Caribbean Student Association with the Organization Academic Award.

SISTHUS, Inc. won the Organization Service Award, which was presented to them by Claudia Pierre, a senior who is majoring in healthcare management.

The organization that won the Best Overall Organization was Black Student Union, which indicates that this organization has incorporated all of Saint Leo's core values to the best of its ability.

In recognition of Saint Leo's devoted, hardworking, and committed athletes concerning their various sports area, a male and a female athlete were awarded.

Marcus Dewberry, a junior who is majoring in sports business and a member of Saint Leo's basketball team, won the male Athletic Award.

Photo By Valerie Kasper

A sounding board was put up for students, faculty, and staff attending the poster session of Feb. 10 to write about what Black History Month meant for them.

Arielle Kabangu, a freshman who is majoring in sports business and a member of Saint Leo's female soccer team, won the female Athletic Award.

At one point during the event, the audience was totally engaged in the song "Lean on Me," sung by Johanna Raquel, a freshman, and Yohana Immanuel, a junior.

The song was built on support and community. It serves as a reminder and a proposal that people should share their discomfort with others and seek support. This support serves the purpose of uplifting individuals, while focusing on building a better community.

Eric Theodore, an adjunct professor of management and religion and a DBA student here at Saint Leo, attended the event with great gusto.

"The world that we are handing over to you all, is kind of messed up, so when I see you all doing things like this, I feel hopeful," Theodore said.

Theodore pointed out that it is important these events happen, as he compares the environment now to his college experience.

The community's diversity has grown greatly and the events hosted by various organizations and staffs across campus, including the Black History Month Celebration event held earlier this month on Feb. 10, have made a huge impact on the Saint Leo community.

In light of the commemoration of Black History Month, addressing racism and segregation in today's society is important to touch on.

"I see Black Lives Matter as our modern day civil rights movement, it is more complex as we are not dealing with straight up segregation and racism," Theodore said.

Black Lives Matter is a movement created and based on recognizing the validity of black lives, in light of the police brutality, systematic segregation and racism black people have faced and are facing today.

Education is the first step to bringing about a change. Events such as these, commemorating Black History month initially, are an educational opportunity, especially in such a diverse community.

It is with great hopes that these events, opportunities of education, are taken advantage of by students and faculty of all cultures alike.

Photo By Valerie Kasper

Many celebrities from modern times and throughout American history, such as Oprah Winfrey and Jimi Hendrix, were celebrated with a dedicated poster board at the poster session on Feb. 10.

Editorial

Knowledge vs. Financial Stability

By Samantha Corcoran and Erin Gaylord
Contributing Writer
Online Editor

Every student has a reason for continuing their education in college, but most college students either want to gain knowledge in their field of study, want to feel comfortable knowing they will be more financially stable with a degree, or both.

The way the world is now, it is difficult to attain a well-paying job without having a degree. The upside of having a degree, along with acquiring a well-paying job, is better knowledge of the specific area of study you wish to work in. With more knowledge one may feel more comfortable at their job in their field after acquiring their degree.

When applying for a job, those with a degree will find it easier to receive the interview and obtain the job than those without a degree who may have to hunt a bit harder. Employers would easily pick a potential employee with a degree over one without because they expect the applicant with the degree to be more knowledgeable. And in today's world, knowledge is power.

However, furthering education can cost a substantial amount of money, stress, and medical problems.

College level students go through school pushing through, taking tests frequently and often only sleeping for very few hours.

The rate of insomnia in college students is fairly high. According to the National Center for Biotechnology Information (NCBI), students have reported daytime sleepiness, sleep deprivation, and irregular sleep schedules. Fifty percent of students reported daytime sleepiness and seventy percent say that they suffer from insufficient sleep.

Some of the consequences college students face from both sleep deprivation and daytime sleepiness are possibly lower grade point averages, increased risk of academic failure, compromised learning, impaired mood, and a higher risk of motor vehicle accidents, according to NCBI.

A person's grade point average (GPA) is not only an indication of learning, but is actually a multifaceted interaction between the person and their overall environment. The factors affecting their GPA are a combination of intelligence, motivation, work ethic, personality, socioeconomic status, health problems, current school systems, past school systems, course load, academic major, and their test-taking abilities.

Insomnia effects the way students learn. It is much harder to retain information and be their best. Their brains can't focus as easily and take longer to comprehend anything they are taught. This makes the learning experience overall a very difficult time. Additionally, this makes people wonder whether they are really learning anything at all.

Often students report that they do not know much more after completing a course than when they started. This is not to say they didn't learn anything but they did not retain all of the information from the course itself.

So in concluding that students only learn so much, it brings to mind whether they came to learn or if they came to earn a title which will help push them farther in the working world.

People go to college for the knowledge to add in the work force when they graduate. Or at least that is what they are told. Others don't view this statement as being true.

Many people feel that to hold a position of power in a company and be respected you must have a collegiate degree of some sort.

Cheryl Nance, a senior non-traditional student says, "I worked as an accountant for 15 years. Learned the job from basic position and worked my way up to Finance Manager. Despite that, some did not take me as serious because I didn't have a degree to back up my knowledge."

Most traditional students who go to college straight out of high school encounter other problems. For example, many students may struggle with a conflict between their parents' views and their own. In many cases, parents have a major role in their child's life after college. Parents who have went to college are more likely to push their children to go to college. Also, most parents want the best for their children, so they may push their children into college if they think that is what's best for them.

For some students, they do not have a choice. They are raised thinking that college is mandatory and there is no other way for them.

Tiffany Jacobs, a freshman Sports Business major said, "My mom is a single mother who is highly educated and successful. Going to college was like planned for me. I never really

Continued on Page 4

Check us out online at www.prideonlinedotnet.wordpress.com

Leap Year

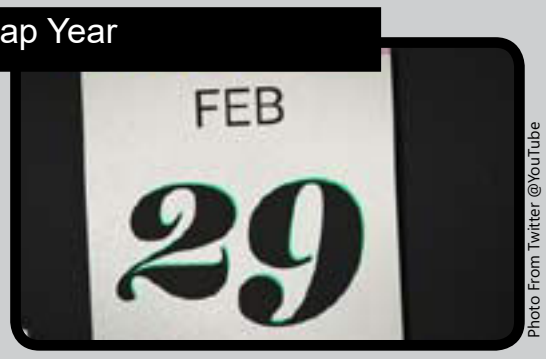

Photo From Twitter @YouTube

The odds of being born on the leap day of the leap year are 1 in 1,461. This means that out of roughly 320 million people in the United States only 187,000 get this distinction, and out of seven billion people worldwide only four million people are leapers.

YouTube Copywrite Issues

Photo From Twitter @YouTube

YouTube's copyright system gives companies the power to attack small channels that should be protected by fair use laws. These attacks can devaste channels and people's livelihoods.

Learning Through Quilting

Photo By Emily Kochanski

Social Work Program students, led by Dr. Veronika Ospina-Kammerer, created a large quilt depicting the stages of the human life cycle. To learn more about the quilt hanging in Kirk Hall head to the Lions' Pride website.

Newsroom

(352) 588-8316
Student Activities Building, Office 106
33701 State Road 52 Saint Leo, FL 33574

Letters To The Editor

- 500 word maxium
- No profane or slanderous language
- Students: Include name and year
- Faculty: Include name and rank
- Please include a phone number to verify authorship
- We reserve the right to edit for grammar/spelling/libel or publish.
- Send submissions to **thelionspridenewspaper@gmail.com**

Jonah Robertson	**Nicholas Santos**	**Annie Hays**
Editor in Chief	*Managing Editor*	*Layout Editor*
Erin Gaylord	**Dakota Schwalbach**	**Jessica Miller**
Online Editor	*Distribution Manager*	*Lead Assistant*

Mrs. Valerie Kasper, *Advisor*

Campus News

All Students Are Limitless Leaders

By Denzel Williams
Contributing Writer

On Feb. 24, the University brought in guest speaker Tom Healy to speak about a concept he developed called Limitless Leadership. Healy, a University of Ohio graduate, has degrees in management, marketing and strategic leadership. Healy has been to over 100 campuses and encouraged young people all over to stand up and become leaders in their everyday lives.

Healy began his speech by telling a story of a close friend in college who accomplished what seemed nearly impossible as he went from sleeping on couches mid-afternoons, to stepping up and coordinating a chain of Greek life events during one of the busiest times of the semester his senior year. Healy's message in telling the story was that we all have strong capability.

"We're all leaders, we all have this unbelievable potential inside of us and we can all do great things," said Healy.

Healy then introduced his idea of limitless leadership, a concept he defined as: accepting you are a leader, determining what drives you and having the willingness to thrive rather than just survive. Healy is convinced that we all have this idea of limitless leadership within us and that it boils down to our perception and the choices we make.

After defining his concept, Healy spoke on five myths that people generally have about beings leaders. Number one- leadership is a gift, two- the idea that people are born leaders, three- leaders are assertive and aggressive, four- college degrees are crucial among leaders and five- leaders often have some kind of advantage on their side.

Healy went through and debunked every one of these myths starting with the idea that leadership is a gift. Healy explained that we are all leaders in some way and that it is up to us to find our niche as leaders. Healy continued his explanation in saying that although we are all leaders, the idea that we are born leaders is incorrect. Healy did stress that who we surround ourselves with and the environment we are exposed to can weigh in on our potential to become a leader.

The next myth Healy explained was the third myth, which stated that all leaders are aggressive and assertive, he proved that this boils down to personality and isn't necessarily true. The fourth myth left the audience a bit puzzled as Healy went on to state that college degrees are not needed to be recognized as a leader in the real world.

"Where you went to college will have little to no effect on your impact on employers in the work field. Yes there will be a line between a degree being needed for select jobs but where you attended school, your GPA, it won't matter," said Healy.

The last myth was that leaders in some way shape or form usually have an advantage. Healy was passionate in explaining this. He stated that no advantages are needed to be a leader, only hard work and nobody gets lucky over others just because. Healy emphasized the fact that hard work will get you where need to be.

"No advantage is needed and there really is no such thing as luck. Luck is when hard work meets opportunity," said Healy.

Healy finished up in saying in order to be a leader we just have to take action, work hard so that we create our luck and apply the changes that we learn along the way in life.

"What's more impactful than inspiration is you actually learning something and applying it to your life," said Healy.

The crowd of students felt deeply motivated by the speaker and had much to say afterwards.

"Not only was he a good speaker but he did really well with speaking to young people and reaching out to us," said Emma De Rhodo, an elementary education major and a member of Alpha Sigma Tau Sorority Inc.

"It was a really good speech and there was even more of a connection with him because he was a part of Greek life himself," said Scottie Dannelly, an accounting major of Tau Kappa Epsilon Fraternity Inc.

Healy stayed shortly after and answered several questions from students and even offered advice to different organizations on campus about recruitment and Greek life events.

Photo From @TomHealySays

Tom Healy is associated with Campus Speak and LaunchPoint Solutions. LaunchPoint Solutions is an organization that provides counseling and help for fraternities and sororities. Campus Speak helps support college visits with keynote speakers like Healy.

Rise of a New Board After Elections

By Kimberly Scott-Williams
Contributing Writer

Like a regular Government, Saint Leo University's Student Government Union (SGU) is used to maintain order and organize school events and functions. The elections were held on Feb. 23 in which all of the candidates competed for one of the five positions of the SGU board.

The sole purpose of the SGU is to, "To serve as a voice of the student body," said Edson O'Neale, director for student activities whom is also the advisor for SGU.

SGU uses the opinions of the students and tries to work towards improving the institution. In this election, there were fifteen candidates that applied for the job. The applications were then reviewed and were given the go ahead to run for one of the five positions on the board.

O'Neale said that this is the, "Highest amount in recent years that have applied."

Surprisingly, as one of the top leadership roles, only a few persons applied for this job over the years.

O'Neale hinted that, "Persons who might have wanted to apply had a lack of confidence or simply because they knew they weren't as active in school as they ought to be."

Each student was given a personal username and password to vote for his/her candidates. In some instances, individuals did not receive their personal username and password to vote. This was probably due to "late registrations," according to O'Neale. When that happened students simply needed to email O'Neale so he could create and send them their personal username and password. With a username and password, students could then vote once. This is policy change from previous years when students used their student name and ID to vote, which allowed for tampering with the election and resulted in the accused being expelled.

The results of the winners of the elections were sent via email the following day in the afternoon. The installation of the board will be on Apr. 15.

Top Ten Online

By Rebecca Maldonado
Contributing Writer

Looking to get your degree online? Saint Leo University might just be the place to go! According to U.S. News and World report, the university's online program has been ranked in the top fifteen percent of schools nationwide for its online program.

Out of around 300 universities, Saint Leo University's undergraduate online program was ranked forty-third. When it came down to graduate business, non-MBA programs the university was tied for fifty-sixth place.

Online programs are most utilized by adults in their 30s and 40s looking to get a higher education in order to further themselves in their careers. Saint Leo University has been offering online classes since 1998, before home internet was as much of a commodity as it is today.

At its inception, the online program offered a mere three bachelor's degree programs. As of right now there are more than 40 online associate, bachelor's and master's programs, and an online doctor administration degree. Recent additions to the online bachelor's programs include computer science and an online bachelor's and master's program in cybersecurity.

According to Dr. William J. Lennox Jr., university president, as written on the Saint Leo Blog, "Saint Leo continues to expand our Center for Online Learning offerings and leverage our technology to increase enrollment and opportunity […] We are glad that more people are recognizing Saint Leo's online program and spreading the word about our quality and value."

SGU Election Results:

President - Joshua Bartholomew

VP of Operations - Melissa "Melzi" Bryan

VP of Activities - Joseph Thompson III

VP of Finance - Marlene Camacho

VP of Communications Management - Brooke Bonsted

Campus News

Life After Saint Leo

By Thavail England
Contributing Writer

The University has a diverse population of students from all over the globe. International students make up more than a quarter of the population at the University Campus.

On Feb. 24 a "Life After Leo" event was held by Career Services. This event was put on by Paige Ramsey-Hamacher, director for multicultural and international services. The event was conducted by immigration lawyers from a local law firm.

Upon arrival, a multiple choice handout was given to each student. This handout was given to test knowledge of the what was about to be discussed. The room was adequately filled with soon-to-be graduates. An hour long presentation was done by one of the lawyers. During the course of this presentation the terms "OPT," "CPT" and "H1B" were being discussed and explained.

"OPT," or Optional Practical Training, is a type of program that can be applied before or after the student graduates. This program allows the student to remain in the United States and work; the student must work in area that is related to his or her field of study. Students are advised to apply for "OPT" up to ninety days before they graduate, and it takes approximately ninety days for the paperwork to be approved. "CPT," or Curricular Practical Training, is a program available to International students while they are in school; this program allows them to do internships while they are still in school.

After graduation, international students have up to thirty days that they are allowed to remain in the country. Throughout the presentation, students asked questions about their specific situations and asked about the different options available to them after graduation. When asked whether or not students remained in America after graduation Hamacher said that it is about a fifty-fifty chance, some students remain and some students leave. In order for students to apply for "OPT" they first need a job offer.

"Saint Leo has a great website that is only available to University students as well as their Professors who often times have really good contacts that can help them," said Hamacher.

Photo From Twitter @SLUCareers

In the fall of 2015, nine percent of the Univeristy's freshman class consisted of international students.

"H1B" visas are also another option for students, in order to apply for this visa a student needs to have Bachelor's Degree and a job offer to qualify. This visa can last up to six years; however, only 1-in-4 applicants receive this visa.

There are a number of opportunities that are available for international students after graduation, it is up to them to conduct further research and keep up to date with their options if they do plan on remaining in the United States.

Knowledge vs. Financial Stability Cont.

Continued from page 2

thought about getting a job.

"Other young adults may want to break away from home and take their own path that their family members may have shied away from.

David Guadarrama, a senior Biomedical major said, "I wanted to be the first in my family to graduate college and get a better job."

Here is where the expected family contribution comes into play. The EFC is meant to measure a students' family's financial strength. It looks at how much money a students' family has, how big their family is, and how many people in their family are in college according to College Board.

The family is expected to put in some money for a students' education which many believe plays a part in how much say they have in the decision process. Also, if the parents or guardians are paying for the students' tuition, the students may be pushed to be more responsible and keep their grades up throughout college. Students who are paying for their own tuition in some way, have more freedom and may not have someone pushing them to do well.

As one student, Giuseppe L. Donnian, senior English major, put it, "Who else is going to co-sign loans?"

However, if the student is put under a lot of pressure from their parents who do not want their thousands of dollars to go to waste, the student may feel stressed out and overloaded making their experience in college more difficult. This could also have the opposite effect of the students' grades dropping because they are too overwhelmed with work and stress.

Teachers can also be a great influence on a student, especially if they see a lot of potential in them.

As Leonna Hunt, a senior English: Professional Writing major said, "I think that teachers and peers have more of an influence. Their interests seem to be more prompted by who they see outside of home."

Society may also play a major role in the young adults' choice after high school.

Cedric Blatch, a junior English: Professional Writing major and Communications minor said, "It has been viewed as a social norm. If you don't go to college, in today's world you're looked at as if you're not doing anything with your life."

Students were also asked what really made them decide to go to college instead of getting a job immediately after high school. Some students took this more serious while others took a more comical angle on their reasoning.

Alec Iannuzzi, a freshman Math major stated, "I don't want to work like a slave seven days a week to make a decent paycheck."

Other students explained how it is important to set a good example for younger generations in families.

Thalia Munoz, freshman Criminal Justice major said, "I knew I needed to come to college because I wanted to be educated, make my family proud, and be a role model to my sister."

Another student sought to explain this decision further on a deeper level.

Colin Poots, a freshman Business Management major said, "I wanted to have a chance to make something of myself. To not just work a job and become nothing more than a number on a spreadsheet. I want to work towards my dream job as well as internalizing some core values along the way. Without these values, we are no better than machines working menial jobs for higher organizations. No heart. No core values."

On the other hand, some students actually came to college to learn and gain some knowledge from their classes and experiences. But, again recognizes that later in life it will bring financial stability.

Elizabeth Diaz, a sophomore Business Management major said, "I wanted to get a higher education to gain knowledge and get a degree to have a successful career. Work hard now and live the rest of your life happy and financially stable."

Financial stability seems to still be a driving factor in most of the students' opinions. They were asked whether they believe people choose to go to college to gain knowledge in a specific field of study or if they do it to be financially stable.

Guadarrama also said, "I think it is a little of both. Some people come in wanting to be financially stable but also end up learning more about cultures, people and other subjects. Those that come in for knowledge also walk away with being more financially stable."

In this way it can work both ways, but most students come because they have obligations either to earning money later in life, or furthering their education and filling in the gaps of their knowledge.

World News

The Best Cities to Live After Graduating

By Kristen Collins
Contributing Writer

San Francisco has its beautiful sunsets and picturesque scenery but is it a good city to work in? Finding a job is just half the battle after college, and searching for a job attuned to the degree earned is hard enough. In this moving economy, where money is never completely stable, searching for the right place to work is just as difficult. It means graduating students will need to not only find a place that has a plethora of job opening but also have affordability through taxes and incomes while still being in the area for an individual's preference. Living in an urban setting, living in towns and rural smaller communities, and weather preference also need to be taken into consideration.

The top ten best cities to live in according to the research done by the National Association for Business Economics and the National Association of Colleges and Employers are Plano, Overland Park, Austin, Irving, Salt Lake City, Des Moines, Irvine, Madison, Sioux Falls, and Omaha. The statistics are based off of a variety of factors: number of job opportunities, employment growth, monthly median starting salary, unemployment rate, median annual income, time spent working and commuting, and housing affordability.

Plano, TX and Overland, KS have the lowest house affordability, meaning the housing is cost effective. These cities also have the highest median annual income, adjusting for the cost of living depending on the jobs of the individual it is applied to. Austin, TX is known for the highest employment growth. Salt Lake City, UT has the lowest unemployment rates, and along with Irvine, CA, they both contribute to the highest number of job opportunities. Sioux Falls, SD and Omaha, NE have the lowest unemployment rate. These ten cities are the best to live in because they allow more opportunities to up-and-coming students just out of college.

The top ten worst cities to live in are San Bernardino, Hialeah, Brownsville, Ontario, Newark, Providence, Modesto, Detroit, Fresno, and Stockton. These cities are the worst out of the 150 popular cities that went into the annual study.

There are five cities in California that are a no go for college graduates. San Bernardino, Ontario, Modesto, Fresco, and Stockton all have the highest unemployment rate. Hialeah, FL has the lowest number of job opportunities, the lowest employment growth, and the lowest median annual income. Brownville, TX lowest monthly median starting salary makes it the 143 on the list because of its bad job market ran and socioeconomic environment rank. Newark, NJ has the highest unemployment rate, lowest median annual income (adjustable to the cost of living), and the highest housing affordability.

"[Maine] has an incredibly low cost of living," said Thomas DeBrule a Senior Criminal Justice Major.

Conducting a poll for the students of Saint Leo University have shown most want to move to the cities or out of the country. The most popular polls state-wise were Florida, California, New York, and Washington State. Outside of the country, a few of the students gave specifics on where they would want to go: Australia, Mexico, England, and Scotland. All of the Florida cities are dispersed throughout the list of best and worst, so picking a specific city is crucial. New York City fluxes and is on the higher spectrum of costs. As for Washington State, moving to the city of Seattle would be a great option since it is rated nineteen out of the 150 cities. With so many students wanting to go to California, it is a good thing that at least one city is in the top ten best.

For those thinking of moving outside of Florida, there is a lot more planning needed to be done outside of obtaining a degree. Those applying to graduate school have the opportunity to be attached to a school and dorm but those who are finding careers and going into the work force right after college must do some serious research before settling down somewhere new. Finding the perfect niche in society is a hard process with rewarding experiences.

Picture by Kristen Collins

Brainstorming what to do and where to go after college is pivotal for graduates. Whether it is staying in Florida or moving to the West coast, a lot needs to be thought about before the life changing move.

NEED AD SPACE?

We've got you covered.

SIZE	ISSUE	3 ISSUES	6 ISSUES
FULL PAGE	$200	$180	$150
HALF PAGE	$125	$113	$100
QUARTER PAGE	$75	$68	$60
ONE-EIGHTH	$50	$45	$40

For more information, contact **Amber Fink at** thelionspridenewspaper@gmail.com

Arts & Entertainment

An Aural Dose of Anthrax

By Jonah Robertson
Editor-In-Chief
Editorials

Anthrax has always been the member of Thrash Metal's "Big Four" that is most easily forgotten. People will always recognize the names of Metallica, Megadeth, and even Slayer before remembering that Anthrax too made an impact of the genre. Granted, Anthrax is often agreed to be the weakest of the major Thrash bands, but this in no way lessens their importance and influence.

In recent decades it seems that real Thrash Metal has nearly disappeared. With all of Metallica's recent efforts falling completely flat, and Megadeth's Dystopia being a mediocre performance at best, it was difficult to have high hopes for Anthrax's return with "For All Kings", their first album in five years. However, the band has managed to create an incredibly solid Thrash album that trounces any other recent efforts in the genre.

"For All Kings" holds no pretense about being anything other than a pure Thrash album. There are almost no unnecessary frills, no attempts to revolutionize their music, Anthrax has simply made a good, enjoyable album.

Unfortunately, the generally good performances throughout the album are also its biggest flaw, because no songs truly stand out above the rest. All of them are good, but none of them are great. Instead the album is a stream of formulaic Thrash song after formulaic Thrash song, and there's not a whole lot wrong with that.

The couple songs that do manage to stick out above the rest in some fashion are "Breathing Lightning", "Suzerain", and "This Battle Chose Us".

"Breathing Lightning" begins with a few mellow guitar chords, but these soon transition into crunchy riffs from lead guitarist Jon Donais. Charlie Benante's pounding drums and Joey Belladona's soaring vocals add even more flavor to the song, but at the core of it all are Donais' riffs, which catch the listener and lead him her through the song, head-banging as they go.

"Suzerain" is probably the heaviest song on the album, and once again is propelled by Donais' heavy riffing. However, the star of the show for this particular song is the drumming, as Benante's pounding rhythms movie a somewhat heavy song into a true head-banger. The rest of the song is almost lost behind the punchy rhythms that lead it, and Benante's use of the double-bass in particular is fantastic, adding yet another layer of heaviness to the piece. The guitar solo is also one of the best on the album, as it is incredibly heavy, yet still full of emotion, shifting from grungy riffs to soaring notes in mere seconds.

Finally, "This Battle Chose Us" is one of the songs on the album to most heavily feature bassist Frank Bello, and it's fantastic. The song starts off with a really groovy bass line that holds strong throughout the song, alongside some fantastic riffing from Donais. Benante's drumming is once again fantastic, but instead of taking the center state, he uses a very restrained technique to help round out the flavor of the song, instead of overpowering it. All of these pieces together create a fantastic song that manages to highlight the best elements of each member of the band.

Not much can be said about the mixing and mastering of the album, except that its top-notch. No part of the band overpowers any other, and even the bass, which tends to be drowned out in Thrash Metal, can still picked out amongst all the other instruments. This leads to a strong, lively sound that really brings out the best in the band.

"For All Kings" is certainly not revolutionary, but it does not have to be. All it is, and all it needed to be, was a love letter to fans of Thrash telling them that the genre might be dying, but it is not dead yet. The album certainly shows that Anthrax has plenty of music left to write and perform, and that Thrash has not died yet. I would give the album a 3/5.

"For All Kings" is Joey Belladona's (left) second consecutive album since rejoining the Anthrax line up.

Picture From Twitter @KISSman

Current Events

March 4-6 - Okeechobee Music & Arts Festival

Located at the Sunshine Grove event grounds the Okeechobee Music & Arts festival is a huge music event for lovers of music in all capacities. More than 100 bands will be at the festival; this list includes big names in music such as Mumford & Sons, Odesza, Nikyee Heaton, Skrillex, and Fetty Wap.
More information can be found at:
www.okeechobeefest.com

Picture From Instagram @Okeechobeefest

Arts & Entertainment

Frauds of Egypt

By Jonah Robertson
Editor-in-Chief
Editorials

Every few years Hollywood manages to release a movie that surpasses expectations and is lauded as a work of art or a modern classic. These films move people, they bring viewers to tears, and they often prompt questions about the world. Movies like this are a rarity, and their stories should be treasured as such. "Gods of Egypt" is not one of these movies.

"Gods of Egypt" is a pointless, abominable cash-grab that barely has enough substance to be considered an action film, let alone to warrant a person going to actually watch it. The film's story barely exists, none of the performances can even come close to being confused with actual acting, and the special effects look like they belong in the last decade, which is inexcusable when the film had a budget of $140 million.

In regards to the film's supposed plot, it involves caricatures of gods from ancient Egyptian mythology such as Osiris, Horus, and Set. However, unlike the gods featured in the myths themselves, these so-called gods are nothing more than supersized human beings in CGI metallic pajamas. Some of them have wings, some have some semblance of superhuman powers, but most of them are just whiny and boring.

At the beginning of the film, Horus (Nikolaj Coster-Waldau) is about to be crowned king of Egypt by his father, Osiris (Bryan Brown), who is mistakenly titled the "god of life" when in the actual myths he was responsible for death and the afterlife. At this point Horus' uncle Set (Gerard Butler) shows up and ruins the event by killing Osiris and ripping out Horus' eyes, which removes his godly powers. At the same time, viewers are introduced to a human couple who are stealing clothing from merchants and attempting to live in a wealthy fashion. The boy, Bek (Brenton Thwaites), apparently convinced the girl, Zaya (Courtney Eaton), to run away with him, and now they are deeply in love.

The story progresses forward in time, and through a series of unfortunate events, Bek teams up with Horus in an attempt to save the world, and also Zaya, supposedly. Bek never really seems overly concerned with saving the girl that he supposedly is head-over-heels in love with. In fact, nobody in this movie really seems concerned with much of anything. Horus, the god who is supposed to be driven by a need for vengeance, just seems bored for most of the movie. Bek just spouts one-liners and banter throughout the film. Even Set, the god who conquers the entire world in his quest for immortality, really does not seem to care about what is going on, except in the moment where he shouts angrily at various characters.

Other things happen throughout the movie's two hour runtime, but absolutely none of them matter, because the plot is a ridiculous mess completely lacking any true substance. A new plot-hole appears every few minutes, until eventually the plot is nothing but holes, and to be entirely honest, most viewers should not even attempt to understand why anything that is happening to the characters even matters.

Of course, even if a film does not have fantastic writing it could be saved by the performances, right? Maybe, but this certainly is not the case for "Gods of Egypt". There is not a single tolerable performance in the film, even from the few actors with legitimate name-recognition like Gerard Butler and Geoffrey Rush. Part of the problem with the acting is that, due to the heavy CGI, almost none of the actors could have been in the same room as one another while performing. This could explain the lack of any chemistry between any of them, but it does not excuse the lackluster or absolutely awful performances from each of them individually.

Butler's performance as Set simply serves to cement the fact that he is the poor man's Russel Crowe, as he repeatedly and angrily shouts at nearly everyone in the movie. Besides the fact that Butler is portraying an ancient Egyptian god who apparently had a heavy Scottish accent, Butler's total lack of any dynamic emotion still manages to make Set the most interesting character in the movie, because at least he manages to show a single emotion, unlike everyone else.

Nikolaj Coster-Waldau, best known for his performances in "Game of Thrones," portrays the god Horus. His performance is even more lackluster than Butler's, and he truly seems completely unconcerned about the apocalypse that begins to happen around him throughout the movie. Even when it seems like Horus might be feeling something, Waldau's voice stays exactly the same, and his facial expressions really never change. If the audience is supposed to empathize with Horus, Waldau certainly is not doing the film any favors.

Alongside these two actors are other equally awful performances from Brenton Thwaites, Courtney Eaton, and others. Each and every single one of them is devoid of emotion of any kind, and they all truly seem like they could not care less about the world around them. Geoffrey Rush manages to give the only halfway decent performance in the film as the sun god Ra, but even he falls into the pit of emotionless deadpan delivery after he seemingly gives up on acting halfway through the movie.

Often the special effects are what make action films entertaining, and perhaps "Gods of Egypt" might have been a tolerable film if this had been the case, but instead most of the CGI looks like it was made ten years ago. The gods' metal suits they wear when fighting look like they are not even connected to the actor's heads most of the time, and they seem to move completely independent of the non-CGI head atop them. Numerous scenes that could have easily been done using practical effects, such as Bek rope-swinging onto a cart, are instead done using awful CGI. These scenes look choppy and unfinished, as though the people working on them gave up halfway through and decided it was good enough that nobody would notice.

With a budget nearly as large as the budget for "Mad Max: Fury Road," one would assume that "Gods of Egypt" could have at least managed to have CGI that looked like it was from this decade. Instead, most of the film looks closer to a badly rendered cartoon than a live-action film.

Anyone considering going to see this movie should save their money for something more fulfilling, like a pizza or a nice salad, because they will get far more out of a satisfying meal than they will get out of this piece of cinematic garbage. Nobody deserves to be put through "Gods of Egypt," and even people looking for a bad movie to enjoy laughing at should look elsewhere. "Gods of Egypt" goes beyond being a bad movie and becomes a terrible one, something that nobody should ever experience for any reason. This movie earns a rating of 0.5/5, and even that is generous.

College Days
Created by Austin Chiavaroli
"The Players of the Molecular World"
I don't know. There's just some kind of bond that attracts me to you two.
Man, water molecules are players.

Sports

Track Team Takes on Conference Championships

By Rafal Matuszczak
Contributing Writer

Saint Leo University's Track team is about to begin its third consecutive season as an official participant of the NCAA. After a successful Spring of 2015 and team's members appearance in the NCAA championships, for the first time in the University's history, the Lions will have an opportunity to compete in the Track and Field Sunshine State Conference Championships.

The first official season of the track team at Saint Leo University began in the Spring of 2014. For the most part, the team consists of members of the Cross Country team, including the coaching staff. Even though the University does not include a professional track on its campus, the Lions have managed to be very successful in the intercollegiate rivalry.

The first great successes came last year. For the first time in the University's history, two Lions, Colett Rampf, Junior, and Herns Agyemang-Duah, Graduate, qualified for the NCAA national championships in Adelaide, MI. While Agyemang-Duah ran a time of 1:52.09 in heat 3 of the 800m, and placed 14th overall, Rampf finished as 13th in the 3000m steeplechase with a time of 10:42.24.

The upcoming season might be a little bit different than what the Lions got used to in the last two years. For the first time, Sunshine State Conference will host Outdoor Track and Field Conference Championships. The appearance of a championship meet on the team's schedule might significantly affect their previous training routine because now the Lions will have a new significant milestone to approach. The Spring, will be also the first official track season for the Head Coach of the Cross Country and Track team at Saint Leo, Kent Reiber.

"The SSC meet in April is extremely important to us. We will get an opportunity to see how our, mostly distance oriented, track team stacks up against some of the other full track programs. If we can walk out of the meet with some individual titles and be in the top three it will be another step in the right direction for our growing program," said Coach Reiber,

Since the Cross Country season is already finished, the team will no longer consist of long distance runners only. In the Spring, the roster might be slightly changed, and new athletes will have an opportunity to represent Saint Leo University's athletic program.

"We are adding a few athletes to our track rosters to provide some depth in key areas, but we will only have athletes competing in running events," said Coach Reiber.

Even though during the upcoming season the athletes will participate only in running events, it does not mean that they will get ready for them, in the same way, they prepared themselves for the Cross Country meets. Nevertheless, the change in Reiber's coaching strategy will not be very significant.

"The coaching strategy for track differs very slightly in regards to training certain physiological zones, race strategies, and when our athletes will race certain events. Fundamentally the same training principles apply when training track or cross country runners", said Coach Reiber.

Despite all the changes that the team might experience this year, the main goal of the season will remain the same as it was last Spring. The athletes will try to repeat Rampf's and Agyemang-Duah's success and qualify for the national championships.

"The main goal for our team this season is to qualify as many individuals to the national championship meet at the end of May," said Coach Reiber.

A motivation for the athletes might be the fact that this year the championships will be held in Bradenton, FL. Practicing in the hot climate of Florida might give the Lions advantage over the athletes who will come here from northern states. Being used to the conditions can make a significant impact on the Lions' performance during the nationals.

The runners have already proven that they know how to handle the difficult weather conditions. Despite the high temperatures during the NCAA Cross Country Championships held at Saint Leo Abbey course last Fall, the Men's team won the competition. Even though many runners, including some of the Lions, did not finish the race, the team remained the strongest and earned made history by earning first every Regional title for Saint Leo University.

Nevertheless, the most important thing, for now, is to meet the qualifying standards. This is the only way the athletes can become eligible for participating in the meet.

In regards to the number of Lions who might have a chance to qualify for the championships, it is very hard to estimate. Nonetheless, Coach Reiber has his opinion about how many people have the potential that is required to meet the qualifying marks.

"I think everyone on our team can qualify for nationals this year, but it takes a significant amount of sacrifice and dedication so it will be interesting to see who steps up," said Coach Reiber.

The Lions will have many occasions to present their abilities and try to step up. The coaching staff scheduled ten different track meets for the season. Besides the Nationals in May and the Conference Championships in April, the Lions will take part in many competitions in Florida as well as out of state.

The most competitive, and therefore, most important meets, are Raleigh Relays in Raleigh, NC, Pepsi Relays in Gainesville, Fl, and the oldest and largest track and field competition in the United States, Penn Relays Carnival in Philadelphia, Pa.

Nevertheless, not all of the Lions will compete in every meet that is included on the schedule. The athletes will participate in the events based on their skills set, and the team will be divided into short distance, middle distance, and long distance groups. Since the previously mentioned competitive meets have certain requirements and qualifying marks that athletes need to hit in order to compete there, the events will be reserved for those who qualify only.

The meets will give the Lions a chance to compete with some of best athletes in the country, and the main goal of participating in them will be to meet the qualifying marks for the National Championships. They will not only help the athletes to check their abilities but also, they will help them to get familiar with competing at the highest level.

As the season approaches, stay tuned with The Lions' Pride Newspaper and follow as on social media in order to get more information about the Track team at Saint Leo University.

Photo From Twitter @SaintLeoXCTrack

The Saint Leo men's track team is striding into the season aiming to place in the Sunshine State Conference.

Upcoming Games For the Week of 3/5/16 - 3/11/16

Softball

3/5: @ Eckerd 5:00pm

3/6: @ Eckerd 1:00pm

3/6: @ Eckerd 3:00pm

3/9: Vs Southwest Minn. St. 5:00pm

3/9: Vs Southwest Minn. St. 7:00pm

3/11: Vs Lynn 7:00pm

Baseball

3/6: Vs Upper Iowa (@Clearwater, Fla.) 2:00pm

3/7: Vs Manfield (@ Clearwater, Fla.) 6: 00pm

3/8: Vs Upper Iowa 6: 00pm

3/11: Vs Tampa 6:00pm

M Tennis

3/5: Vs #3 Armstrong State 1:00pm

3/6: @ Eckerd 11:00am

3/9: Vs Ferris St. 2:00pm

W Tennis

3/5: Vs #1 Armstrong State 1:00pm

3/6: @ Eckerd 11:00am

3/9: Vs Ferris St. 2:00pm

M Track

3/11: @ USF Invitational 5:00pm

W Track

3/11: @ USF Invitational 5:00pm

M Lacrosse

3/5: Vs #13 Pfeiffer 1:00pm

3/8: Vs Coker 7:00pm

W Lacrosse

3/7: Vs Indiana (Pa.) 7:00pm

3/9: Vs Queens (N.C.) 7:00pm

W Golf

@ Hattiesburg, Miss.
3/7: Southern Miss. Lady Eagle Invitational

3/8: Southern Miss. Lady Eagle Invitational